



Even Courage Needs Nourishment

*Elevation and Eco Caters join forces to launch Feeding Courage,
an effort to serve meals to healthcare workers and first responders on the frontlines.*

In the age of COVID-19, there is no social distancing or hands-off way to do the important work of caring for patients. It demands extraordinary resolve and self-sacrifice. To support, thank and nourish the brave men and women on the frontlines, Elevation and Eco Caters DC, announced today the launch of **Feeding Courage**—an effort to deliver no-cost meals to dedicated healthcare workers and first responders who are caring for patients and affected community members. Through Feeding Courage, more than 300 meals will be delivered to facilities around the metropolitan area, including at select MedStar locations, the Virginia Hospital Center, Arlington Free Clinic, the Family Place, Mary's Center, and DC Metropolitan Police precincts and more.

“We have been humbled to watch the heroic work being done by those on the frontlines as they demonstrate selfless courage day in and day out,” said Jimmy Learned, President of Elevation. “It’s been challenging not to be able to jump in to volunteer during this crisis. But we wanted to find a way to help, even if only from a distance. It’s the least we could do when they’re putting their lives on the line.”

John Cosgrove, founder of Eco Caters DC, agrees, “We all know the power of a good meal; how food can heal and soothe. Being able to nurture our care providers in this way feels like a calling for us.” Additionally, he noted, because Eco Caters DC sources food from surrounding areas, community farmers will benefit.

Mr. Learned and Mr. Cosgrove assembled a team to coordinate funding, logistics and resources and to recruit other small businesses to join the effort. Eco Caters DC will assemble boxed meals incorporating fresh organic ingredients and conduct daily deliveries.

Given the crisis may last months, Learned and Cosgrove plan to expand Feeding Courage within the Mid-Atlantic area, as well as into other regions and perhaps even abroad.

As Mr. Learned explained, “The Elevation family has more than 20 employees from over 12 different countries. Just like we want to help our immediate neighbors, it’s natural for us to want to do what we can in communities where our loved ones live.”

“Since Eco Caters has locations in Los Angeles and San Diego, along with a nationwide network of partners and stakeholders, we anticipate the momentum behind Feeding Courage will swell quickly,” said Mr. Cosgrove.

Feeding Courage will make its first deliveries on April 8, 2020. ([Feedingcourage.org](https://feedingcourage.org))

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Founded in 2002, Elevation LTD is a full-service communications agency based in Washington DC which serves global clients at all levels of business, government, and social services. Eco Caters' Washington, DC location was founded in 2012 with a mission to provide the highest quality event catering which incorporates organic ingredients and sustainable practices.